

# Ft Lbs to Nm

Lbs Ft	Nm	Lbs Ft	Nm	Lbs Ft	Nm	Lbs Ft	Nm	Lbs Ft	Nm
1.0	1.4	51.0	69.1	101.0	136.9	151.0	204.7	201.0	272.5
2.0	2.7	52.0	70.5	102.0	138.3	152.0	206.1	202.0	273.9
3.0	4.1	53.0	71.9	103.0	139.6	153.0	207.4	203.0	275.2
4.0	5.4	54.0	73.2	104.0	141.0	154.0	208.8	204.0	276.6
5.0	6.8	55.0	74.6	105.0	142.4	155.0	210.2	205.0	277.9
6.0	8.1	56.0	75.9	106.0	143.7	156.0	211.5	206.0	279.3
7.0	9.5	57.0	77.3	107.0	145.1	157.0	212.9	207.0	280.7
8.0	10.8	58.0	78.6	108.0	146.4	158.0	214.2	208.0	282.0
9.0	12.2	59.0	80.0	109.0	147.8	159.0	215.6	209.0	283.4
10.0	13.6	60.0	81.3	110.0	149.1	160.0	216.9	210.0	284.7
11.0	14.9	61.0	82.7	111.0	150.5	161.0	218.3	211.0	286.1
12.0	16.3	62.0	84.1	112.0	151.9	162.0	219.6	212.0	287.4
13.0	17.6	63.0	85.4	113.0	153.2	163.0	221.0	213.0	288.8
14.0	19.0	64.0	86.8	114.0	154.6	164.0	222.4	214.0	290.1
15.0	20.3	65.0	88.1	115.0	155.9	165.0	223.7	215.0	291.5
16.0	21.7	66.0	89.5	116.0	157.3	166.0	225.1	216.0	292.9
17.0	23.0	67.0	90.8	117.0	158.6	167.0	226.4	217.0	294.2
18.0	24.4	68.0	92.2	118.0	160.0	168.0	227.8	218.0	295.6
19.0	25.8	69.0	93.6	119.0	161.3	169.0	229.1	219.0	296.9
20.0	27.1	70.0	94.9	120.0	162.7	170.0	230.5	220.0	298.3
21.0	28.5	71.0	96.3	121.0	164.1	171.0	231.8	221.0	299.6
22.0	29.8	72.0	97.6	122.0	165.4	172.0	233.2	222.0	301.0
23.0	31.2	73.0	99.0	123.0	166.8	173.0	234.6	223.0	302.3
24.0	32.5	74.0	100.3	124.0	168.1	174.0	235.9	224.0	303.7
25.0	33.9	75.0	101.7	125.0	169.5	175.0	237.3	225.0	305.1
26.0	35.3	76.0	103.0	126.0	170.8	176.0	238.6	226.0	306.4
27.0	36.6	77.0	104.4	127.0	172.2	177.0	240.0	227.0	307.8
28.0	38.0	78.0	105.8	128.0	173.5	178.0	241.3	228.0	309.1
29.0	39.3	79.0	107.1	129.0	174.9	179.0	242.7	229.0	310.5
30.0	40.7	80.0	108.5	130.0	176.3	180.0	244.0	230.0	311.8
31.0	42.0	81.0	109.8	131.0	177.6	181.0	245.4	231.0	313.2
32.0	43.4	82.0	111.2	132.0	179.0	182.0	246.8	232.0	314.6
33.0	44.7	83.0	112.5	133.0	180.3	183.0	248.1	233.0	315.9
34.0	46.1	84.0	113.9	134.0	181.7	184.0	249.5	234.0	317.3
35.0	47.5	85.0	115.2	135.0	183.0	185.0	250.8	235.0	318.6
36.0	48.8	86.0	116.6	136.0	184.4	186.0	252.2	236.0	320.0
37.0	50.2	87.0	118.0	137.0	185.7	187.0	253.5	237.0	321.3
38.0	51.5	88.0	119.3	138.0	187.1	188.0	254.9	238.0	322.7
39.0	52.9	89.0	120.7	139.0	188.5	189.0	256.2	239.0	324.0
40.0	54.2	90.0	122.0	140.0	189.8	190.0	257.6	240.0	325.4
41.0	55.6	91.0	123.4	141.0	191.2	191.0	259.0	241.0	326.8
42.0	56.9	92.0	124.7	142.0	192.5	192.0	260.3	242.0	328.1
43.0	58.3	93.0	126.1	143.0	193.9	193.0	261.7	243.0	329.5
44.0	59.7	94.0	127.4	144.0	195.2	194.0	263.0	244.0	330.8
45.0	61.0	95.0	128.8	145.0	196.6	195.0	264.4	245.0	332.2
46.0	62.4	96.0	130.2	146.0	197.9	196.0	265.7	246.0	333.5
47.0	63.7	97.0	131.5	147.0	199.3	197.0	267.1	247.0	334.9
48.0	65.1	98.0	132.9	148.0	200.7	198.0	268.5	248.0	336.2
49.0	66.4	99.0	134.2	149.0	202.0	199.0	269.8	249.0	337.6
50.0	67.8	100.0	135.6	150.0	203.4	200.0	271.2	250.0	339.0
Lbs Ft	Nm	Lbs Ft	Nm	Lbs Ft	Nm	Lbs Ft	Nm	Lbs Ft	Nm

251.0	340.3	301.0	408.1	351.0	475.9	401.0	543.7	451.0	611.5
252.0	341.7	302.0	409.5	352.0	477.2	402.0	545.0	452.0	612.8
253.0	343.0	303.0	410.8	353.0	478.6	403.0	546.4	453.0	614.2
254.0	344.4	304.0	412.2	354.0	480.0	404.0	547.8	454.0	615.5
255.0	345.7	305.0	413.5	355.0	481.3	405.0	549.1	455.0	616.9
256.0	347.1	306.0	414.9	356.0	482.7	406.0	550.5	456.0	618.3
257.0	348.4	307.0	416.2	357.0	484.0	407.0	551.8	457.0	619.6
258.0	349.8	308.0	417.6	358.0	485.4	408.0	553.2	458.0	621.0
259.0	351.2	309.0	418.9	359.0	486.7	409.0	554.5	459.0	622.3
260.0	352.5	310.0	420.3	360.0	488.1	410.0	555.9	460.0	623.7
261.0	353.9	311.0	421.7	361.0	489.5	411.0	557.2	461.0	625.0
262.0	355.2	312.0	423.0	362.0	490.8	412.0	558.6	462.0	626.4
263.0	356.6	313.0	424.4	363.0	492.2	413.0	560.0	463.0	627.7
264.0	357.9	314.0	425.7	364.0	493.5	414.0	561.3	464.0	629.1
265.0	359.3	315.0	427.1	365.0	494.9	415.0	562.7	465.0	630.5
266.0	360.6	316.0	428.4	366.0	496.2	416.0	564.0	466.0	631.8
267.0	362.0	317.0	429.8	367.0	497.6	417.0	565.4	467.0	633.2
268.0	363.4	318.0	431.2	368.0	498.9	418.0	566.7	468.0	634.5
269.0	364.7	319.0	432.5	369.0	500.3	419.0	568.1	469.0	635.9
270.0	366.1	320.0	433.9	370.0	501.7	420.0	569.4	470.0	637.2
271.0	367.4	321.0	435.2	371.0	503.0	421.0	570.8	471.0	638.6
272.0	368.8	322.0	436.6	372.0	504.4	422.0	572.2	472.0	639.9
273.0	370.1	323.0	437.9	373.0	505.7	423.0	573.5	473.0	641.3
274.0	371.5	324.0	439.3	374.0	507.1	424.0	574.9	474.0	642.7
275.0	372.9	325.0	440.6	375.0	508.4	425.0	576.2	475.0	644.0
276.0	374.2	326.0	442.0	376.0	509.8	426.0	577.6	476.0	645.4
277.0	375.6	327.0	443.4	377.0	511.1	427.0	578.9	477.0	646.7
278.0	376.9	328.0	444.7	378.0	512.5	428.0	580.3	478.0	648.1
279.0	378.3	329.0	446.1	379.0	513.9	429.0	581.6	479.0	649.4
280.0	379.6	330.0	447.4	380.0	515.2	430.0	583.0	480.0	650.8
281.0	381.0	331.0	448.8	381.0	516.6	431.0	584.4	481.0	652.1
282.0	382.3	332.0	450.1	382.0	517.9	432.0	585.7	482.0	653.5
283.0	383.7	333.0	451.5	383.0	519.3	433.0	587.1	483.0	654.9
284.0	385.1	334.0	452.8	384.0	520.6	434.0	588.4	484.0	656.2
285.0	386.4	335.0	454.2	385.0	522.0	435.0	589.8	485.0	657.6
286.0	387.8	336.0	455.6	386.0	523.3	436.0	591.1	486.0	658.9
287.0	389.1	337.0	456.9	387.0	524.7	437.0	592.5	487.0	660.3
288.0	390.5	338.0	458.3	388.0	526.1	438.0	593.8	488.0	661.6
289.0	391.8	339.0	459.6	389.0	527.4	439.0	595.2	489.0	663.0
290.0	393.2	340.0	461.0	390.0	528.8	440.0	596.6	490.0	664.4
291.0	394.5	341.0	462.3	391.0	530.1	441.0	597.9	491.0	665.7
292.0	395.9	342.0	463.7	392.0	531.5	442.0	599.3	492.0	667.1
293.0	397.3	343.0	465.0	393.0	532.8	443.0	600.6	493.0	668.4
294.0	398.6	344.0	466.4	394.0	534.2	444.0	602.0	494.0	669.8
295.0	400.0	345.0	467.8	395.0	535.5	445.0	603.3	495.0	671.1
296.0	401.3	346.0	469.1	396.0	536.9	446.0	604.7	496.0	672.5
297.0	402.7	347.0	470.5	397.0	538.3	447.0	606.1	497.0	673.8
298.0	404.0	348.0	471.8	398.0	539.6	448.0	607.4	498.0	675.2
299.0	405.4	349.0	473.2	399.0	541.0	449.0	608.8	499.0	676.6
300.0	406.7	350.0	474.5	400.0	542.3	450.0	610.1	500.0	677.9